

# Missouri Public Health System *at a Glance*



## Health Profile for St. Louis City

The health indicators of St. Louis City show that the city has many health problems. To highlight a few, the city's rates of sexually transmitted diseases (i.e., HIV/AIDS, gonorrhea, syphilis, and chlamydia) are 2-7 times higher than the state's rates; the teen birth rate (among girls aged 15-17 years) is more than twice that of the state's rate; and the rate of asthma emergency room visits among children under 15 years is nearly three times higher than the state's rate. Death rates due to diabetes, heart disease, lung cancer, and colorectal cancer are also substantially higher in St. Louis City than the state's level. Of the health risk factors, residents of St. Louis City are 23% less likely to exercise and 32% more likely to be obese. Although the smoking prevalence among St. Louis City residents is slightly lower than the state as a whole, it is still 19% higher than the national level, while smoking during pregnancy is 56% more prevalent in St. Louis City than in the nation as a whole (see table below).

### St. Louis City

	St. Louis City	MO	US	Year
<b>Diseases and Conditions</b>				
Age-Adjusted Death Rate (per 100,000)				
Diabetes	36.0	23.6	24.5	2004
Heart Disease	277.3	246.4	217.0	2004
Cancer				
Trachea/Bronchus/Lung	68.9	61.7	54.1	2003
Colorectal	25.1	19.7	19.1	2003
Breast (Females)	26.8	26.6	25.3	2003
Age-Adjusted Hospitalization Rate of Alcohol- and Substance-Related Mental Disorders (per 10,000)	20.7	13.7	-	2005
Asthma ER Visits Among Children Under 15 Years (per 1,000)	27.4	10.2	-	2005
Infant Death Rate (per 1,000 live births)	9.6	7.5	6.8	2004
Low Birth Weight (per 100 live births)	11.9	8.3	8.1	2004
Birth Rate Among Teen Girls Aged 15-17 Years (per 1,000)	46.4	21.9	22.1	2004

	St. Louis City	MO	US	Year
<b>Diseases and Conditions (continued)</b>				
Reported Cases of Sexually Transmitted Disease (per 100,000)				
HIV/AIDS	35.1	8.3	20.7	2004
White, Non-Hispanic	29.5	4.9	9.0	2004
African-American, Non-Hispanic	41.1	33.4	76.3	2004
Gonorrhea	700.8	164.7	113.5	2004
White	62.3	31.3	33.3	2004
African-American	1085.4	958.7	629.6	2004
Primary & Secondary Syphilis	13.5	1.7	2.7	2004
Chlamydia	1186.1	381.0	319.6	2004
White	118.5	131.2	143.6	2004
African-American	1664.2	1545.4	1209.4	2004
<b>Risk Factors (%)</b>				
No Exercise Among Adults Aged 18+ Years	29.5	24.0	23.1	2003
Current Smoker Among Adults Aged 18+ Years	26.1	27.2	22.0	2003
Smoking During Pregnancy	15.9	18.1	10.2	2004
Obesity (BMI $\geq$ 30) Among Adults Aged 18+ Years	31.2	23.6	22.8	2003
Live Births to Women With Pre-Pregnancy Overweight	42.4	38.5	-	2005
Cancer Screening				
No Mammogram in the Past Two Years Among Women Aged 40+ Years	26.4	31.1	25.4	City: 2003 MO, US: 2004
No PapTest in the Past Three Years Among Women Aged 18+ Years	15.1	15.2	14.1	City: 2003 MO, US: 2004
No Sigmoidoscopy or Colonoscopy Among Adults Aged 50+ Years	49.3	47.2	47.0	City: 2003 MO, US: 2004

## Selected Public Health Activities in St. Louis City

### Cancer Screening

Missouri's Show Me Healthy Women Program (SMHW) provides free breast and cervical cancer screenings to women meeting age, income, and residency criteria throughout the state. Health care providers delivering the SMHW services within St. Louis City can be located through a clickable county map at [www.dhss.mo.gov/BreastCervCancer/ProviderList/ProviderListMap.html](http://www.dhss.mo.gov/BreastCervCancer/ProviderList/ProviderListMap.html).

The Missouri Screen For Life (MSFL) program provides free colorectal screening tests to men and women who meet age, income, and residency guidelines. Residents of St. Louis City are eligible to participate. If colorectal cancer is diagnosed as a result of a colonoscopy funded by MSFL, the Siteman Cancer Center in St. Louis will provide free treatment to the client.

### Health Disparities Collaborative

The National Health Disparities Collaborative (NHDC) is dedicated to eliminating health disparities for different minority populations, poor people, and women. The federally qualified health centers (FQHCs) enroll in the NHDC and implement disease management activities to reduce the secondary complications related to diabetes and cardiovascular disease. Four main health centers located in St. Louis City participate in the diabetes health disparities collaborative, and serve either or both St. Louis City and St. Louis County: Family Care Health Center, Myrtle Hilliard Davis Comprehensive Health Center, Grace Hill Neighborhood Health Centers, and People's Health Centers, Inc.

### Heart Disease and Stroke

Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMEN) program helps underinsured, low-income women aged 40-64 years gain access to health screenings and lifestyle education that can reduce the risk of heart disease and stroke. The health care providers delivering WISEWOMAN services within St. Louis City are Grace Hill Neighborhood Health Centers, Myrtle Hilliard Davis Comprehensive Health Centers and Peoples Health Centers.

### Asthma

The Asthma Program has trained over 300 school nurses and 100 child care consultants throughout the state who provide education to children with asthma and their families. The funding from the Centers for Disease Control and Prevention provides less than \$.50/year for each child with asthma in Missouri. There has not been funding to train physicians or establish regional systems for care of children with asthma.

### Tobacco Smoking

The Missouri Tobacco Quitline offers telephone counseling and resource materials to help Missourians stop tobacco use. The Quitline number is 1-800-QUIT-NOW (1-800-784-8669).

Missouri Model for Brief Smoking Cessation Intervention trains health care professionals throughout the state in the 5A's technique as a means to reduce smoking among pregnant and women of childbearing age.

## Home Visitation

The Building Blocks of Missouri program is a prenatal and early childhood nurse home visitation program that promotes healthy and safe parenting and home environment. In St. Louis City, the program services are delivered through the St. Louis County Department of Health.

## Youth Health

Missouri's Federal Abstinence Education Program directly supports abstinence education throughout the state, to delay sexual activity until marriage and to decrease the number of out-of-wedlock pregnancies and the frequency of sexually transmitted diseases among adolescents. The program reaches approximately 30,000 adolescents and their parents annually.

The Nutrition and Physical Activity Program provides technical assistance to the Healthy Youth Partnership that aims to increase physical activity and improve nutritional status of youth in the St. Louis area.

## Communicable Diseases

### ***STDs***

St. Louis City has the highest incidence and prevalence of Sexually Transmitted Diseases (STDs) including syphilis, gonorrhea and chlamydia, and also of HIV/AIDS in the state.

The Syphilis Elimination Project (SEP) aims to reduce the rate of syphilis in St. Louis City and Kansas City, especially focusing on men who have sex with men and African-American women. The project has far-reaching public health benefits by reducing two serious consequences of syphilis, i.e., HIV transmission, and serious complications in pregnancy and childbirth.

The Missouri Infertility Prevention Project (MIPP) provides chlamydia/gonorrhea screening and testing to eligible clients through Family Planning and STD clinics statewide. The Bureau of STD/HIV/Hepatitis in the Missouri Department of Health and Senior Services' (DHSS) Division of Community and Public Health provides some medications for treatment of positive clients.

An evaluation of STD/Substance Abuse/Hepatitis/HIV for St. Louis City and County has shown significant racial disparities (Blacks are more affected), and an association of substance abuse with HIV and hepatitis.

### ***Communicable Disease Outbreaks***

Numerous outbreaks of communicable diseases occur in St. Louis City and surrounding areas throughout the year. They have been identified and managed by the local health agencies in collaboration with the DHSS. For example:

- Eastern District investigated 32 infectious disease outbreaks in 2006;
- An ongoing outbreak of shigellosis with over 700 cases has been identified and managed in St. Louis City and County.

# Missouri Public Health System *at a Glance*



## Health Profile for St. Louis County

Many of the health indicators in St. Louis County are better than, or comparable to those of the entire state of Missouri. However, a number of health indicators in St. Louis County should be noted. The County's rate of asthma emergency room visits among children under 15 years is 52% higher than the state's rate; the County's rates of infant mortality and low birth weight are 9% and 8% higher than the state's rates, respectively; they are 21% and 20% higher than the national rates. The County's rate of gonorrhea is 10% higher than the state's rate, and 60% higher than the national rate. Adult women in the County are 54% less likely to have a pap test in the past three years, compared with the state as a whole (see table below).

### St. Louis County

	St. Louis County	MO	US	Year
<b>Diseases and Conditions</b>				
Age-Adjusted Death Rate (per 100,000)				
Heart Disease	245.8	246.4	217.0	2004
Asthma ER Visits Among Children Under 15 years (per 1,000)	15.5	10.2	-	2005
Infant Death Rate (per 1,000 live births)	8.2	7.5	6.8	2004
Low Birth Weight (per 100 live births)	9.0	8.3	8.1	2004
Reported Cases of Sexually Transmitted Disease (per 100,000)				
Gonorrhea	181.3	164.7	113.5	2004
White	11.5	31.3	33.3	2004
African-American	630.5	958.7	629.6	2004
Chlamydia	394.1	381.0	319.6	2004
White	47.1	131.2	143.6	2004
African-American	1159.2	1545.4	1209.4	2004
<b>Risk Factors (%)</b>				
Current Smoker Among Adults Aged 18+ Years	25.7	27.2	22.0	2003
Cancer Screening				
No Pap Test in the Past Three Years Among Women Aged 18+ Years	23.4	15.2	14.1	County: 2003 MO, US: 2004

## Selected Public Health Activities in St. Louis County

### Cancer Screening

Missouri's Show Me Healthy Women Program (SMHW) provides free breast and cervical cancer screenings to women meeting age, income, and residency criteria throughout the state. Health care providers delivering the SMHW services within St. Louis County can be located through a clickable county map at [www.dhss.mo.gov/BreastCervCancer/ProviderList/ProviderListMap.html](http://www.dhss.mo.gov/BreastCervCancer/ProviderList/ProviderListMap.html).

The Missouri Screen For Life (MSFL) program provides free colorectal screening tests to men and women who meet age, income, and residency guidelines. Residents of St. Louis County are eligible to participate. If colorectal cancer is diagnosed as a result of a colonoscopy funded by MSFL, the Siteman Cancer Center in St. Louis will provide free treatment to the client.

### Asthma

The Asthma Program has trained over 300 school nurses and 100 child care consultants throughout the state who provide education to children with asthma and their families. The funding from the Centers for Disease Control and Prevention provides less than \$.50/year for each child with asthma in Missouri. There has not been funding to train physicians or establish regional systems for care of children with asthma.

### Tobacco Smoking

The Missouri Tobacco Quitline offers telephone counseling and resource materials to help Missourians stop tobacco use. The Quitline number is 1-800-QUIT-NOW (1-800-784-8669).

### Home Visitation

The Building Blocks of Missouri program is a prenatal and early childhood nurse home visitation program that promotes healthy and safe parenting and home environment. In St. Louis County, the program services are delivered through the St. Louis County Department of Health.

The Missouri Community-Based Home Visiting (MCBHV) Program utilizes nurses and paraprofessionals and provides intensive sustained visits and community services to address the needs of families who are most at risk of infant mortality or morbidity, and child abuse or neglect. St. Louis County is within the MCBHV service areas.

### Youth Health

The Nutrition and Physical Activity Program provides technical assistance to the Healthy Youth Partnership that aims to increase physical activity and improve nutritional status of youth in St. Louis County.

St. Louis County has the Chronic Disease Primary Prevention Program that conducts a Social Marketing Program with Bayless School District to promote physical activity, healthy eating and smoking cessation among youth.

## Communicable Diseases

### ***STDs***

St. Louis County has a higher incidence of sexually transmitted diseases (STDs), including gonorrhea and chlamydia, than the state and national figures.

The Missouri Infertility Prevention Project (MIPP) provides chlamydia/gonorrhea screening and testing to eligible clients through Family Planning and STD clinics statewide. The Bureau of STD/HIV/Hepatitis in the Missouri Department of Health and Senior Services' (DHSS) Division of Community and Public Health provides some medications for treatment of positive clients.

An evaluation of STD/Substance Abuse/Hepatitis/HIV for St. Louis City and County has showed significant racial disparities (Blacks are more affected), and an association of substance abuse with HIV and hepatitis.

### ***Communicable Diseases Investigation***

Numerous outbreaks of communicable diseases occur in St. Louis City and surrounding areas throughout the year. They have been identified and managed by the local health agencies in collaboration with DHSS. For example:

- Eastern District investigated 32 infectious disease outbreaks in 2006;
- An ongoing outbreak of shigellosis with over 700 cases has been identified and managed in St. Louis City and County.